

Carbon dioxide (CO₂) retainer alert card

DAIRS team Patient information

Carbon dioxide is the waste product of breathing and does not cause a problem unless you are in a small percentage of patients with underlying chronic lung disease.

You have been identified as being at risk of carbon dioxide retention and this will make you sensitive to oxygen. If you become unwell it is important you are given the correct amount of oxygen in hospital and on the way to hospital.

Too much oxygen can cause a rise in the carbon dioxide levels in your blood and this can make you drowsy and slow your breathing.

The symptoms to be aware of are:

- headaches very similar to a hangover
- drowsiness
- confusion
- twitching in your limbs.

Please show the carbon dioxide alert card to any ambulance staff, doctors, nurse or other medical professionals who see you in the future.

If you have oxygen prescribed for use at home, you should continue to use it as normal and **do not** change the flow rate unless advised to by a health care professional.

If you have any questions, please contact the DAIRS team on **0300 019 8483**, 8am-4.30pm, seven days a week.

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